

A photograph of a large, multi-story brick building with a prominent tower and arched windows. In the foreground, there is a paved area with a row of bicycles parked, and some greenery with pink flowers. The image is split horizontally, with the top half showing the building and the bottom half showing the foreground.

# MARSHALL CAMPUS REC **PROGRAM GUIDE** *SPRING 2020 | JANUARY - MAY*







## ABOUT US

Whether you're charging up for the day with a morning swim, relieving stress during midterms with a high intensity interval class or relaxing after work with a yoga session, the Marshall Recreation Center offers a variety of options to suit your individual, healthy lifestyle.

There's something for everyone- whether it be personal training, group workout sessions, nutrition consultations, equipment rentals, outdoor trips, intramurals or any of the many options we offer, the Marshall Recreation Center is dedicated to helping you maintain a healthy lifestyle.

Combining fresh new ideas with creative ways to increase the health of the community and make fitness easier for you is our job. All you have to do is jump in the pool, belay up the climbing wall or pick up a racket — join us.

## MISSION

Campus Recreation will promote health and well-being by providing a clean and safe environment, innovative programs and opportunities for student development within the Marshall Community.

## VISION

Campus Recreation will have a lifelong impact on the Marshall Community by serving as a destination for healthy lifestyles.

## VALUES

**Integrity** - *We are...a culture centered on honesty, trust, respect and accountability.*

**Empowerment** - *We are...devoted to the development of our staff and encourage ownership and inspire creativity.*

**Inclusion** - *We are...focused on equal opportunity and celebrate differences within our community.*

**Enthusiasm** - *We are...passionate, invested and excited to serve others in a positive way.*

**Teamwork** - *We are...committed to fostering relationships, supportive of one another and work together to achieve our purpose.*



# Excellence in Recreation

Another Spring has begun to settle on Marshall University and Huntington, and we here at the Marshall Rec Center are excited for all the programs, classes and special events we have in store for our students and members.

The Indoor Triathlon is always a big hit, and for those of you looking for a unique challenge, it could be the event for you. Check out the new and improved F45 studio to experience this awesome HIIT, circuit and functional training class sure to get your heart pumping! You'll have a chance to meet with some informative vendors at WellFest to help you become the best version of yourself, both in body and spirit. These are just a few of the events we have scheduled for you – the book you are holding in your hand is your guide to everything we have to offer.

Make sure to follow Campus Recreation on our social media, it is a great way to keep up to date on all of our special events and Rec updates. Our F45 Instagram account is up and running @f45\_training\_marshall, hop on there and give it a follow. With a new workout every day, you never know what you'll find.

As we prepare for a spring season of events, programs and classes, we welcome your feedback and look forward to providing you with a variety of options to suit your individual healthy lifestyle. Try a new class, swim some laps, climb the wall – join us!

In good health,

Michele Muth  
Director of Campus Recreation  
Marshall University





DOWNLOAD THE  
**MARSHALL REC**  
**ACCOUNT**  
APP TODAY!

*Features include*

► **Swipe Entry**

► Program Registration

► Class Enrollment

► Account Management

► Hours of Operation

*Stay up to date  
with The Rec!*

*\*App available on iTunes  
& Google Play.*





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# JOIN OUR TEAM

VISIT OUR RECRUITMENT SESSIONS ON:

# 1/15 & 4/15

## 3:30-5:30pm

Rec positions are open to  
all Marshall & MCTC Students.  
Dress professionally and  
do not forget your resume!



# CONTACT INFORMATION

## **GENERAL INFO & INQUIRIES**

304.696.4732

## **ADVENTURE RECREATION**

304.696.4651

## **AQUATICS & SAFETY**

304.696.3653

## **COMPETITIVE SPORTS**

304.696.4652

## **FACILITY & BUILDING MAINTENANCE**

304.696.2943

## **FACILITY RENTALS**

304.696.4107

## **FITNESS & WELL-BEING**

304.696.4653

## **MARKETING**

304.696.3633

## **MEMBER & GUEST SERVICES**

304.696.3633

## **YOUTH PROGRAMS**

304.696.4652





# HOURS OF OPERATION

January 12 - May 22, 2020

## FACILITY

### Monday - Thursday

6am-11pm

### Friday

6am-10pm

### Saturday

9am-7pm

### Sunday

12pm-10pm

## POOL & SPA

### Monday - Thursday

6am-10am 12pm-2pm 4pm-10pm

### Friday

6am-10am 12pm-2pm 4pm-9pm

### Saturday

9am-6pm

### Sunday

12pm-7pm

## CLIMBING WALL & OUTDOOR RENTALS

### Monday - Friday

4pm-10pm

### Saturday - Sunday

2pm-7pm

## MODIFIED HOURS & CLOSURES

### Spring Break / March 22

12pm-7pm

### Spring Break / March 23-26

6am-8pm

### Spring Break / March 27

6am-7pm

### Spring Break / March 28

9am-7pm

### Easter / April 12

CLOSED

### Special Event / April 25

9am-6pm

### St. Mary's Gala / May 16

CLOSED

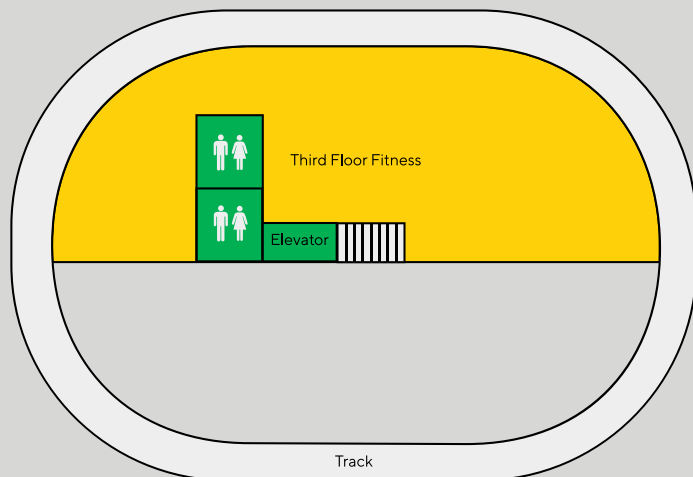
### Shutdown - Cleaning / May 17-22

CLOSED

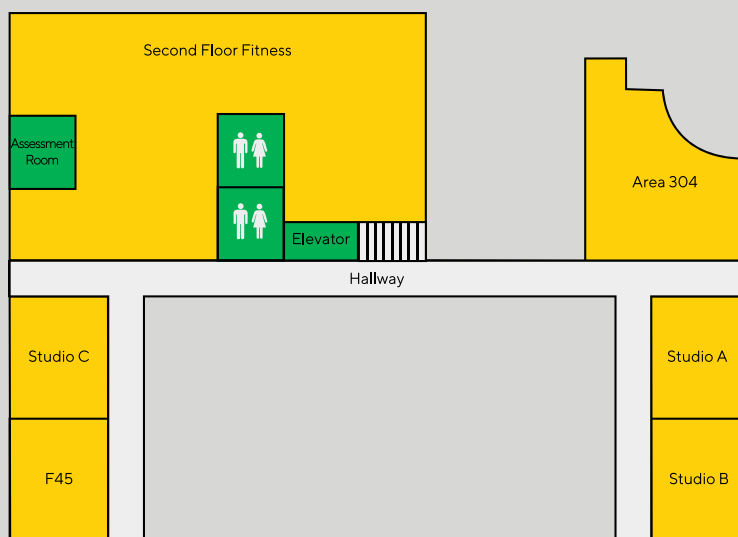
*\*Hours, pricing and scheduling are subject to change. Please check our website or app for the most up to date information.*



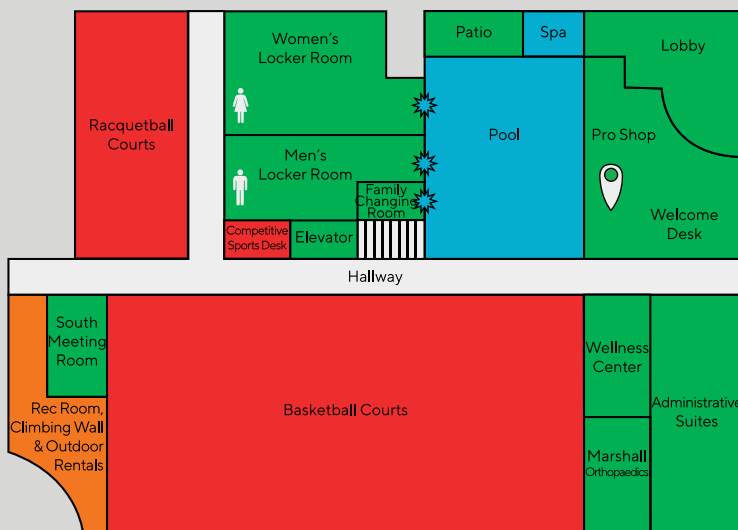
3rd Floor



2nd Floor



1st Floor



# WELCOME TO OUR FACILITY!

-  Adventure Recreation
-  Aquatics
-  Competitive Sports
-  Fitness
-  Miscellaneous
-  Pool Access

## NEWSLETTER

Stay up to date with our monthly newsletter! Visit our website & click 'Sign-up for our Newsletter' on the right hand side!

## PROSHOP

Located just off the main lobby, the ProShop is where members and guests can purchase memberships, register for programs and purchase a variety of products and equipment. Here you can find an assortment of hydrating beverages and healthy snacks perfect for a post workout pick-me-up, equipment for your next workout and more. Whether you're in need of sport specific gear or Rec apparel, the ProShop is your one stop shop!

## REC ROOM

The Rec Room provides a great space to relax and hang out with friends. Whether you are in to E-gaming or playing a game of ping pong, we have got you covered! Check out games and controllers for our PS4 and Xbox from equipment check out or feel free to bring your own gaming systems and games.



# RATES & ELIGIBILITY

MEMBERSHIP TYPE	1 MONTH	MONTHLY	ANNUAL	SINGLE/GUEST
ALUMNI	\$45	\$45	\$540	\$10
FRIENDS & AFFILIATES	\$52	\$52	\$624	\$10
MARSHALL ASSOCIATE	\$38	\$38	\$456	\$10
MARSHALL HEALTH FITNESS	-	\$25	-	\$10
MARSHALL EMPLOYEE	\$38	\$38	\$456	\$10
PEIA WEIGHT MANAGEMENT	-	\$20	-	\$10
RECENT ALUMNI	\$40	\$40	\$480	\$10

ADD ON'S	1 MONTH	MONTHLY	ANNUAL	SINGLE/GUEST
CHILD OF NON-STUDENT (AGES 6-15)	\$15	\$15	\$180	\$6
CHILD OF STUDENT (AGES 6-15)	\$12	\$12	\$144	\$6
CHILD 5 AND UNDER	\$0	\$0	\$0	\$0
FAMILY +4	\$45	\$45	\$540	\$10 PER GUEST
HOUSEHOLD MEMBERS	\$25	\$25	\$300	\$10

\*RECEIVE A 20% DISCOUNT WHEN PURCHASING AN ANNUAL MEMBERSHIP.

## ADDITIONAL INFORMATION:

- AMENITIES: TWO FITNESS FLOORS, FITNESS STUDIOS, INDOOR TRACK, ROCK WALL, LOCKER ROOMS, INDOOR POOL & SPA, BASKETBALL COURTS, RACQUETBALL COURTS, TURF FIELD AND GAME ROOM.
- MEMBER BENEFITS: FREE GROUP FITNESS CLASSES, FREE DAILY USE LOCKERS, DISCOUNTS ON ALL PROGRAMMING (SWIM SCHOOL, KIDS NIGHT OUT, CAMPS, PERSONAL TRAINING, FITNESS ASSESSMENTS, OUTDOOR TRIPS, RENTALS, BIRTHDAY PARTIES, TEAM BUILDING, SAFETY CERTIFICATIONS, ETC.).
- MAIN MEMBERSHIP MUST BE PURCHASED FOR ADD-ON'S TO BE ELIGIBLE (CHILD, FAMILY +4, OR HOUSEHOLD MEMBER).



# MEMBERSHIP TYPES

## FRIENDS & AFFILIATES

Friends & Affiliates regularly make contributions to the University through their services and financial contributions. These members include: members of the Big Green Scholarship Foundation, Marshall University Foundation, employees of Cabell Huntington Hospital, St. Mary's Medical Center, HIMG, King's Daughters Medical Center or VA Medical Center. Verifying identification is required, such as your employee ID.

## MARSHALL HEALTH FITNESS

The Marshall Health Fitness program is only open for Marshall University or Marshall Health Employees. Participants MUST have written approval from their primary physician to participate and attend quarterly fitness assessments. There are many benefits to this type of membership, including a personal training session upon entry into the program, quarterly fitness assessments and unlimited access to the Rec.

## PEIA WEIGHT MANAGEMENT

In order to join the PEIA program, patrons must hold PEIA Preferred Provider Benefit Insurance and be enrolled in the Weight Management Program at [www.peia.wv.gov](http://www.peia.wv.gov). Members of this program must commit to 2 years in the program. Training sessions, nutrition consultations with a registered dietitian, fitness assessments and unlimited access to the Rec are included.

## ADD ON'S

### CHILD OF NON-STUDENT

Children of non-students ages 6-15, may join the Rec. Children 5 and under are FREE until their 6th birthday. This membership type is for children of Marshall Employees, Marshall Associates, Marshall Health Fitness, Friends & Affiliates, PEIA, Alumni and Recent Alumni. Our monthly Kid's Night Out events are free, and members may take advantage of discounts for camp, swim lessons and other services.

### FAMILY +4

This membership type may consist of children, household members, spouses and/or partners at least 16 years of age or older. This membership type can only be purchased in conjunction with an active member. Two of the following criteria must be met: Proof of joint financial responsibility, same last name, marriage license and/or same residence along with verifying identification.

## ALUMNI

Show your Marshall spirit and join the Rec as a Marshall Alumni member! Alumni are defined as individuals that have attended Marshall University or are members of the Alumni Association. Proof of graduation or Alumni Association Membership is required.

## MARSHALL ASSOCIATE

Associate members are employees of associated entities who work full-time on behalf of the university's mission. These members include: Mountwest Community College, Marshall University Foundation, Inc., Big Green Foundation, Inc., Marshall Health, Marshall University Research Corporation, eFollette, Sodexo and all other approved contracted or outsourced employees working on behalf of Marshall University. Proof of associate relationship with Marshall University is required upon membership registration.

## MARSHALL EMPLOYEE

Campus Recreation welcomes current employees, university retirees and adjunct faculty/staff at the lowest membership rate available. Marshall Employees are eligible for payroll deduction. An auto-draft form must be completed and turned in at the Welcome Desk. Verifying identification is required, such as your Marshall ID or proof of retirement.

## RECENT ALUMNI

Recent Alumni are defined as individuals that have attended Marshall University within the past 12 months. Recent graduates will receive a one-time discount for the first year if joining within 12 months of their graduation date.

## SILVERSNEAKERS / SILVERFIT

Certain insurance providers have wellness programs available for older adults. Please check with your insurance provider to see if your plan is a participant in SilverSneakers or SilverFit. This program offers patrons unlimited use of the Rec Center.

## CHILD OF STUDENT

Children of students ages 6-15, may join the Rec. Children 5 and under are FREE until their 6th birthday. Our monthly Kid's Night Out is free, and members may take advantage of discounts for camp, swim lessons and other services.

## HOUSEHOLD MEMBER

This membership type may consist of children, household members, spouses and/or partners at least 16 years of age or older. This membership type can only be purchased in conjunction with an active member. Two of the following criteria must be met: Proof of joint financial responsibility, same last name, marriage license and/or same residence along with verifying identification.



# HAVE YOUR BIRTHDAY AT THE REC!

## **Aquatic Center, Basketball Court or Multi-purpose Field**

This package includes your choice of the pool, basketball court or multi-purpose field as an activity area! A party room where you can sit down, eat and open up gifts is also included. Whether you decide to splash around in the water or play ball on the courts we are sure that you and your friends will have a great time! Package rates are for 50 total participants and spectators combined.

## **Rock Wall**

Our rock wall parties allow for 2 hours of climbing on our 37-foot rock wall followed by 30 minutes for presents and food! Due to limited space, rock wall parties can have up to 50 total people, but only 20 climbers.

## **Pricing**

\$175 | Member  
\$245 | Non-Member

## **Available Times (Pool, Court or Field)**

### **Saturday**

12:30pm - 3:00pm  
3:30pm - 6:00pm

### **Sunday**

12:30pm - 3:00pm  
3:30pm - 6:00pm

## **Available Time (Rock Wall)**

### **Saturday**

12:00pm - 2:30pm

Birthday party rates are for 50 guests, participants and spectators combined. Additional guests may only be added for Pool and Court parties. Additional guests are \$3 each and can be purchased at the time of booking or on the day of the party.

# FACILITY RENTALS & RESERVATIONS

The Marshall Recreation Center boasts a 123,000 sq. ft. state-of-the-art facility used for a variety of purposes and events. Amenities of the facility include a pool & spa, climbing wall, track, fitness floors and more. The Recreation Center offers a variety of rentals for businesses and individuals wishing to host an event in our unique facility. Rent the Rec for your event!

Facility Rentals	Marshall Student Groups/ Departments	Members	Non-Members
Fitness Studio	\$25	\$30	\$60
Climbing Wall	\$65	\$70	\$140
Outdoor Lounge	\$20	\$20	\$50
Gym Court	\$25	\$30	\$60
Turf Field	\$75	\$80	\$160
Front Lobby	\$20	\$25	\$50
Outside Deck	\$20	\$25	\$50
Leisure Pool (Non-Exclusive)	\$35	\$40	\$80
Entire Pool (Exclusive)	\$75	\$80	\$160
Racquetball Court	\$15	\$25	\$40
Conference Room	\$20	\$25	\$50
South Meeting Room	\$20	\$25	\$50

*\*Prices per hour.*

## TEAM BUILDING

Our team building program is committed to enhancing leadership development and cohesiveness among group members through adventure-based learning experiences. By placing participants in unique, hands-on activities, they are challenged to develop the following skills: communication, trust, group decision-making processing, interpersonal relationships, self-awareness and confidence. Groups experience success by working together and depending on one another's strengths. Join us for activities designed to help individuals get to know each other and build a sense of community.

Group Size	Marshall Student Groups/ Departments	Members	Non-Members
6-15	\$30	\$60	\$100
16-30	\$50	\$100	\$180
31-45	\$70	\$140	\$260
46-60	\$90	\$180	\$340
61-75	\$110	\$220	\$420

*\*Prices per hour.*



# Want your ad in this booklet?

Develop brand loyalty and enjoy additional retail traffic through direct access to Marshall Students and the Marshall Community.



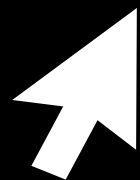
- ▶ **Rec Radio**
- ▶ **Event Sponsor**
- ▶ **Signage**
- ▶ **T-Shirt Sponsor**
- ▶ **Program Sponsor**
- ▶ **Giveaway Sponsor**
- ▶ **Web Exposure**



SHIRT SPONSORS



GIVEAWAYS



WEB EXPOSURE

A sponsorship package can be customized to suit your promotional needs and budget.

Don't miss out! Please contact Kayla Dodd, Assistant Director of Marketing & Membership, to get started today.

304.696.3633 [dodd18@marshall.edu](mailto:dodd18@marshall.edu)



## PARKING

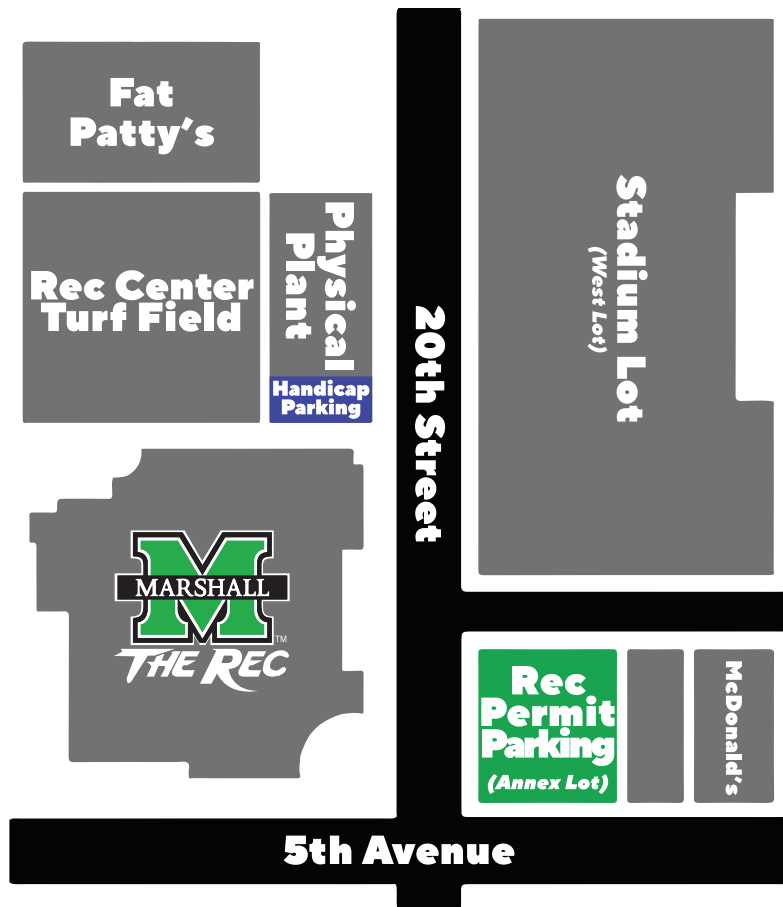
The suggested parking area is the Joan C. Edwards football stadium annex lot, located on 20th Street and Fifth Avenue, across from the Recreation Center. The lot is a permit lot and is patrolled by Marshall University on the weekdays from 7am to 7pm, Monday through Thursday and from 7am to 4pm on Friday.

**There are also meters available in the Annex Lot.**

## PARKING PASSES

We do offer Parking Passes on behalf of the Marshall University Parking Office. The passes are available to non-student and non-faculty/staff members, as well as Medical School students who are in their second year of Medical School and beyond. In order to obtain a Parking Pass, applicable patrons must fill out the Parking Application at the ProShop.

Parking Passes are \$30, and run from July 1 to June 30 of the following year. Campus Recreation cannot prorate any pass.



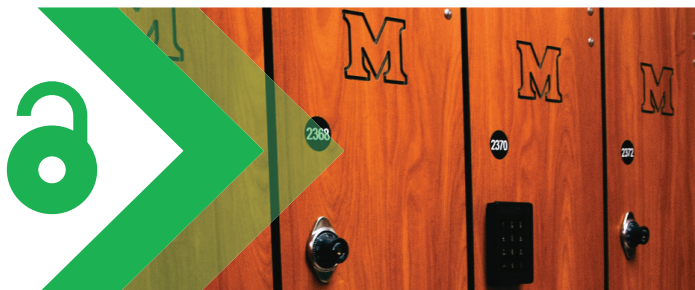
## LOCKER & TOWEL SERVICE

Free Day-Use Lockers are available. See our website for details.

### Rental Lockers:

Lockers may be rented for a fee on a semester or annual basis. Towel service is included with rental lockers.

<b>Monthly</b>	<b>\$10/Month</b>
<b>(With auto-draft or payroll deduction)</b>	
<b>Semester</b>	<b>\$50</b>
<b>Annual</b>	<b>\$120</b>



## DAILY GUEST PASSES

- Members may sponsor guests by purchasing a daily guest pass.
- Sponsored guests must be accompanied by the sponsoring member in order to use the facility.
- Alumni and former students are eligible to self-sponsor, but are unable to sponsor other non-member guests.
- A building waiver will need to be signed; verification of guest information and a picture will be taken.
- Sponsoring of guests may be restricted, at the discretion of Marshall Recreation Center staff, to prevent facility overcrowding during busy times.
- Members are responsible for their guests' conduct and any damage to or loss of property that may result in their guests' actions.
- Disciplinary action may result in the loss of guest or members privileges.
- A parent/guardian must accompany minors at all times. Minors will not be allowed into the facility without supervision.
- Guest Passes are non-refundable and are valid for daily use only.

<b>Adult (Ages 16 &amp; Older)</b>	<b>\$10</b>
<b>Youth (Ages 6-15)</b>	<b>\$6</b>
<b>Child 5 &amp; Under</b>	<b>FREE</b>



# ADVENTURE REC

## SPRING 2020 SCHEDULE

1/12-3/15	Kayak Roll Clinic - Weekly Sunday's   *Fee per class	Rec Center	7:00PM-9:00PM	M: \$10 NM: \$15
1/13-5/9	Belay Skills Clinic - Weekly Mon, Thur, Sat   *Fee per class	Rec Center	4:00PM-6:00PM	M: FREE NM: \$25
1/25-2/15	Youth Climbing Clinic - Weekly Saturday's   Session 1	Rec Center	11:00AM-12:00PM	M: \$40 NM: \$60
2/18, 3/17, 4/14	Lead Climbing Clinic *Fee per class	Rec Center	6:00PM-9:00PM	M: \$15 NM: \$30
2/22-3/14	Youth Climbing Clinic - Weekly Saturday's   Session 2	Rec Center	11:00AM-12:00PM	M: \$40 NM: \$60
2/1	Ski & Snowboard Trip *Fee includes travel ONLY*	Winterplace Ski Resort, WV	7:00AM-11:00PM	M: \$5* NM: \$10*
5/1	Evening Paddle	Beech Fork State Park, WV	5:00PM-9:00PM	M: \$15 NM: \$20
2/7-2/9	Ski & Snowboard Trip *Fee includes travel & lodging ONLY*	Canaan Valley Ski Resort, WV	Arrive at the Rec by 12:00PM	M: \$70* NM: \$100*
3/6-3/8	Backpacking	Dolly Sods, WV	Arrive at the Rec by 12:00PM	M: \$90 NM: \$120
4/10-4/12	Canoeing	Greenbrier, WV	Arrive at the Rec by 12:00PM	M: \$90 NM: \$120
4/24-4/26	Whitewater Rafting	Cheat River, WV	Arrive at the Rec by 12:00PM	M: \$150 NM: \$200
3/20-3/29	Rock Climbing & Hiking	Horseshoe Canyon Ranch, AR	Arrive at the Rec by 12:00PM	M: \$499 NM: \$569
2/6	Headlamp Climbing	Rec Center	6:00PM-8:00PM	FREE EVENT
2/20	Route Setting 101	Rec Center	4:00PM-7:00PM	FREE EVENT
3/5	Flag Tag Tournament	Rec Center	6:00PM-8:00PM	FREE EVENT
3/19	Crate Stacking	Rec Center	6:00PM-8:00PM	FREE EVENT

Instructional Clinics

Day Trips

Weekend Trips

Adventure Trips

Special Events





**FREE**  
**EVERY**  
**WEDNESDAY**  
**AT THE WALL**  
**4 P M – 10 P M**  
**CLIMBING & SHOE**  
**RENTAL INCLUDED**

## CLIMBING PASS

For individuals who do not want to do the belay skills clinic you can buy a package of climbing passes for top rope climbing and save. This includes your shoes.

## SHOE PASS

Renting shoes at the wall frequently? You can save by purchasing a single, 10 pack or 20 pack Shoe Rental Pass.

	Climbing Pass	Shoe Pass
Single	\$5	\$3
10 Pack	\$25	\$20
20 Pack	\$40	\$30

## BELAY SKILLS CLINIC

*Monday's, Thursday's, Saturday's - Weekly*  
*4pm-6pm*

**Members: FREE**

**Non-Members: \$25**

*\*Fee per class.*

This clinic serves as a great introduction for new climbers and as a perfect refresher course for previous climbers. Once you enroll and pass the safety and skills class, you can climb as much as you want. Certifications are valid for four months! Register at Adventure Rec or online today.

## KAYAK ROLL CLINIC

*Sunday's - Weekly*  
*7pm-9pm*

**Members: \$10**

**Non-Members: \$15**

*\*Fee per class.*

Kayak Roll Clinics are designed to provide space for participants to learn and practice kayak rolling skills in the pool. Instructors will be available to meet each participant where they are in their progression. Whether you've never sat in a kayak, or are a seasoned paddler, these Kayak Roll Clinics are for you!

# DAY TRIPS

## WINTERPLACE SKI RESORT

### *Skiing & Snowboarding*

*Saturday, February 1*

*7am-11pm*

**See below for pricing.**

Join us for a day of skiing or snowboarding at Winterplace with special group pricing available **ONLY** to the Marshall Community! Tiered pricing is available for those with varied levels of experience and equipment.

**Register at the ProShop or online today.**

**Members: \$5**

**Non-Members: \$10**

\* Transportation to Winterplace.

Pay the following upon arrival:

\$56 - Lift Ticket

\$86 - Lift Ticket & Ski/Board Rental

\$96 - Lift Ticket, Ski/Board Rental & Lesson

## BEECH FORK STATE PARK

### *Evening Paddle*

*Friday, May 1*

*5pm-9pm*

**Members: \$15**

**Non-Members: \$20**

Join us for a peaceful evening paddle at Beech Fork State Park. Meet us at the MRC loading dock to hop in the van and head to the state park. Participants will learn the basics of canoeing, and enjoy an evening paddle on the lake. We'll meet at 5pm, drive away from MRC at 5:15pm, paddle from 6-8pm, and return around 9pm. Please bring water, snacks, and appropriate clothes and footwear for paddling, and we'll provide canoes, paddles, PFD's, transportation, and instruction. **Register at the ProShop or online today.**

# ADVENTURE TRIPS

## HORSESHOE CANYON RANCH

### *Rock Climbing & Hiking*

*March 20-29*

Registration Deadline: Tuesday, March 10

Pre-Trip Meeting: Tuesday, March 17

*5pm-7pm | Wellness Classroom*

**\*Must attend Pre-Trip Meeting.**

**Members: \$499**

**Non-Members: \$569**

Explore the wonders of the Ozark Mountains and the Buffalo National River this spring. Participants will climb at Horseshoe Canyon Ranch, one of the area's premier sites, and hike along the breathtaking Buffalo River on this 8-day adventure. Don't miss your chance to do spring break right.

Adventure, fun, and new experiences await you this Spring Break. We will be traveling to the heart of the Ozarks to climb at Horseshoe Canyon Ranch, a world class climbing destination, nestled in the heart of the Ozark Mountains in Arkansas. Envision yourself climbing, hiking, and exploring throughout the day, while relaxing around a campfire during the night. While there will be plenty of climbing to go around, we will participate in day hike explorations of the surrounding waterfalls, vistas, and wildlife.

Throughout our adventure, your leaders will teach you everything you need to know about climbing, hiking, and camping as well as the history and the ecosystems of the surrounding area. This is a great opportunity to take time away from the stress of society and experience the natural world around us. And we'll build lasting friendships as we adventure together! **Register at the ProShop or online today.**





# WEEKEND TRIPS

## CANAAN VALLEY SKI RESORT

### *Skiing & Snowboarding*

February 7-9

Registration Deadline: Wednesday, February 5

**See below for pricing.**

Looking for an all inclusive winter weekend adventure? This trip is for you. We will be staying two nights in a cozy cabin and enjoying two full days of skiing up at Canaan Valley Resort. Transportation and lodging are included and equipment is available to rent. **Register at the ProShop or online today.**

**Students & Members: \$70**

**Non-Members: \$100**

\* Transportation & Lodging to Canaan Valley.

Pay the following upon arrival (**Price per day**):

**Student Prices:**

\$45 - Lift Ticket

\$55 - Lift & Ski Rental

\$65 - Lift & Board Rental

\$40 - Group Lesson

**Member/Non-Member Prices:**

\$70 - Lift Ticket

\$108 - Lift & Ski Rental

\$116 - Lift & Board Rental



## GREENBRIER RIVER

### *Canoeing*

April 10-12

Registration Deadline: Friday, March 27

Pre-Trip Meeting: Tuesday, March 31

5pm-7pm | Wellness Classroom

**\*Must attend Pre-Trip Meeting.**

**Members: \$90**

**Non-Members: \$120**

Join us for a weekend canoe and camping trip to a local water trail. This trip will be "expedition style" as we will carry all our food, water, and camping gear with us on the Greenbrier. Transportation, equipment, lunch, and instruction are included. Learn the basics of paddling and enjoy a lovely weekend adventure on the water. Designed for all skill levels. **Register at the ProShop or online today.**



## DOLLY SODS

### *Backpacking*

March 6-8

Registration Deadline: Friday, February 28

Pre-Trip Meeting: Tuesday, March 3

5pm-7pm | Wellness Classroom

**\*Must attend Pre-Trip Meeting.**

**Members: \$90**

**Non-Members: \$120**

This backpacking trip will provide you with an unparalleled experience in extended back country camping and hiking in one of the most famous wilderness areas in the state and region, Dolly Sods Wilderness, part of the Monongahela National Forest. Lace up your boots and join us for a weekend of mountaintop views, starry nights, and laughs around the campfire (or camp stove). Transportation, food, group gear, and instruction will be provided. **Register at the ProShop or online today.**

## CHEAT RIVER

### *Whitewater Rafting*

April 24-26

Registration Deadline: Tuesday, April 7

Pre-Trip Meeting: Tuesday, April 14

5pm-7pm | Wellness Classroom

**\*Must attend Pre-Trip Meeting.**

**Members: \$150**

**Non-Members: \$200**

Join us for a weekend of adventure, including rafting on the Cheat River and exploring Blackwater Falls State Park! No experience required. All food during the trip, transportation, camping, river equipment and guiding will be included. **Register at the ProShop or online today.**

# SPECIAL EVENTS

## WINTER CLIMBATHON

January 20-February 19

Rec Center Rock Wall

**FREE Event**

How many times can you climb to the top of the wall this winter? Every time you climb, you will get a raffle ticket to be entered for a prize. Participants must climb to the top of the bouldering section of the wall 3 times for a raffle entry. The top 3 participants with the most climbs by the end of the event will win a prize. **Register at the ProShop or online today.**

## HEADLAMP CLIMBING

Thursday, February 6

6pm-8pm

Rec Center Rock Wall

**FREE Event**

Have you ever tried climbing to the top of a wall in the dark? Come give it a shot as we turn out the lights and use headlamps to guide the way. **Register at the ProShop or online today.**

## ROUTE SETTING 101

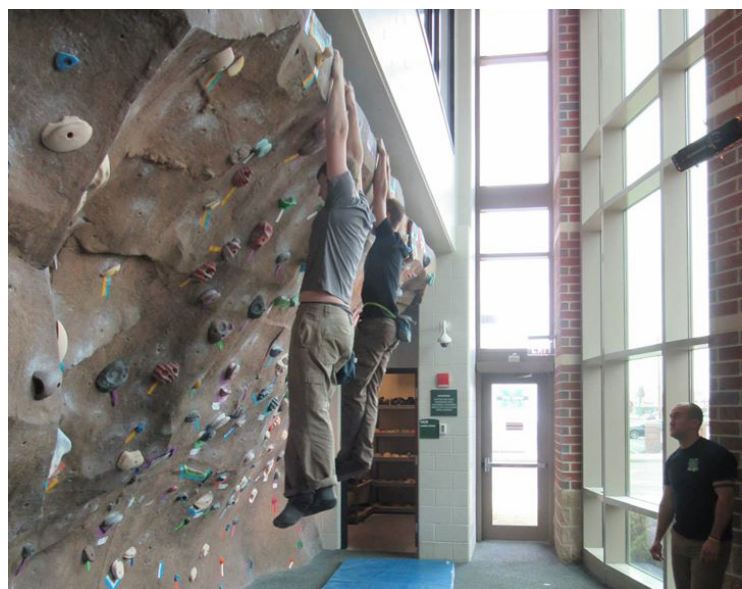
Thursday, February 20

Rec Center Rock Wall

4pm-7pm

**FREE Event**

Come and create your own route at the Rock Wall. Staff will go over the components of a good route and guide participants through the route setting process! **Register at the ProShop or online today.**



## FLAG TAG TOURNAMENT

Thursday, March 5

6pm-8pm

Rec Center Rock Wall

**FREE Event**

The rules to the game of "Flag Tag" are simple: keep your flag on your harness, and keep yourself on the wall. Come to the Rock Wall to try out Flag Tag and compete in the tournament! **Register at the ProShop or online today.**

## CRATE STACKING CHALLENGE

Thursday, March 19

6pm-8pm

Rec Center Rock Wall

**FREE Event**

See how many crates you can stack and climb without knocking them all down. This unique event will test your balance and technique, challenging you unlike other climbing activities. **Register at the ProShop or online today.**



**MOSES**  
**AutoMall**  
HUNTINGTON



# EQUIPMENT RENTALS

Are you looking to embark on an upcoming adventure? Not sure where to find all of the necessary equipment? The Marshall Recreation Center offers a wide variety of great rental equipment at low prices. Equipment may only be checked out and returned during the Adventure Rec hours of operation.

Equipment Rentals	1 Day Members/Non-Members	Weekend Members/Non-Members	Week Members/Non-Members
Eureka! Timberline 2 Tent	\$5/\$7	\$13/\$15	\$21/\$23
Eureka! Timberline 4 Tent	\$7/\$9	\$18/\$20	\$29/\$31
Eureka! Mountain Pass 3 XTE	\$9/\$11	\$23/\$25	\$37/\$39
Eureka! Sleeping Bag	\$4/\$6	\$10/\$12	\$16/\$18
Liberty Mountain Sleeping Pad	\$2/\$3	\$4/\$6	\$6/\$8
Mountain Smith Men's or Women's Internal Frame Backpack	\$4/\$6	\$10/\$12	\$16/\$18
Mountain Backpack Rain Cover	\$1/\$3	\$2/\$4	\$3/\$5
Markhill Propane/Butane Backpacking Stove	\$2/\$4	\$5/\$7	\$8/\$10
Brunton Backpacking Cook Set	\$2/\$4	\$5/\$7	\$8/\$10
Primus Backpacking Cook Set	\$2/\$4	\$5/\$7	\$8/\$10
GSI Camp Cookware Set	\$3/\$5	\$8/\$10	\$13/\$15
Ozark Trail LED Headlamps	\$1/\$3	\$2/\$4	\$3/\$5
First Aid Kit	\$2/\$4	\$5/\$7	\$8/\$10
Silva Compass	\$1/\$3	\$2/\$4	\$3/\$5
Innova Disc Golf Set	\$5/\$7	\$13/\$15	\$21/\$23
Mad River Canoe Package	\$20/\$22	\$40/\$44	\$70/\$80
Perception Touring Kayak Package	\$15/\$17	\$30/\$34	\$65/\$75
NRS Spray Jacket	\$4/\$6	\$10/\$12	\$16/\$18
NRS Mens or Women's Wetsuit	\$4/\$6	\$10/\$12	\$16/\$18
Harmony Life Jacket	\$2/\$4	\$5/\$7	\$8/\$10
Bilge Bag, Strobe Light Kit	\$2/\$4	\$5/\$7	\$8/\$10
Harmony Water Craft Car Top Carriers	\$4/\$5	\$8/\$10	\$13/\$15
Crazy Creek Camp Chair	\$4/\$6	\$7/\$9	\$10/\$12
Climbing Shoes	\$7/\$10	\$12/\$15	\$19/\$24
Bouldering Pad	\$17/\$21	\$30/\$34	\$47/\$51
Whitewater Kayak	\$30/\$35	\$55/\$60	\$85/\$90



# MARSHALL REC SWIM SCHOOL

**SPRING  
2020**

**Session 1: January 11th - February 11th**

**Session 2: February 15th - March 17th**

**Session 3: March 30th - April 30th**

**MEMBERS: \$40**

**NON-MEMBERS: \$55**

*\*Fees adjusted for  
classes on 1/20,  
\*MEMBER | \$32  
\*NON-MEMBER | \$44*

	<b>Monday</b> <i>All Sessions</i>	<b>Tuesday</b> <i>All Sessions</i>	<b>Thursday</b> <i>Session 2 &amp; 3 ONLY</i>	<b>Saturday</b> <i>Session 1 &amp; 2 ONLY</i>
<b>Swim Tots</b>	5:30-6:00PM	6:15-6:45PM	N/A	10:35-11:05AM
<b>Preschool 1, 2, 3</b>	5:30-6:00PM	6:15-6:45PM	5:30-6:00PM	10:35-11:05AM
<b>Level 1</b>	6:15-6:55PM	5:30-6:10PM	6:15-6:55PM	9:50-10:30AM
<b>Level 2</b>	6:15-6:55PM	5:30-6:10PM	6:15-6:55PM	9:05-9:45AM
<b>Level 3</b>	5:30-6:10PM	6:15-6:55PM	5:30-6:10PM	9:50-10:30AM
<b>Level 4</b>	N/A	5:30-6:10PM	N/A	9:05-9:45AM
<b>Level 5</b>	6:15-6:55PM	N/A	N/A	9:05-9:45AM

## SWIM CONDITIONING

The Swim Condition Clinics will focus on helping each participant become a proficient swimmer, targeting improvement in endurance and technique. This clinic will be styled similar to a long swim workout, while also targeting stroke development.

**April 4th, April 18th, April 25th**  
**10:00-11:30AM - Price Per Lesson\***

**MEMBERS: \$20**

**NON-MEMBERS: \$30**



**Make-up lessons are available to those who have missed a lesson in their session. Pre-Registration required.**

# SPRING 2020 **SWIM SCHOOL** MAKE-UP DATES

## SESSION 1

### WEDNESDAY - 2/12

5:30-6:00 pm: Swim Tots,  
Preschool 1, 2, 3

5:30-6:10 pm: Level 1

6:15-6:55 pm: Levels 2, 3, 4

## SESSION 2

### WEDNESDAY - 3/18

5:30-6:10 pm: Levels 2, 3, 4

6:15-6:45 pm: Swim Tots,  
Preschool 1, 2, 3

6:15-6:55 pm: Level 1

## SESSION 3

### WEDNESDAY - 4/29

5:30-6:00 pm: Swim Tots,  
Preschool 1, 2, 3

5:30-6:10 pm: Level 1

6:15-6:55 pm: Levels 2, 3, 5

## SESSION 3

### FRIDAY - 5/1

5:30-6:10 pm: Levels 2, 3, 4

6:15-6:45 pm: Swim Tots,  
Preschool 1, 2, 3

6:15-6:55 pm: Level 1



## PRIVATE SWIM LESSONS

Private Lessons are available for individuals who would like to request a specific instructor, need more flexibility in scheduling or prefer one on-one instruction. Private lessons will be 30 minutes long. Instructors will follow the same basic curriculum, but will be able to individualize instruction based on goals of the participants. Complete an online form to request private lessons.

Lesson Package	1	5	10
Individual Member	\$20	\$85	\$160
Individual Non-Member	\$27	\$115	\$225
Partner Member	\$25	\$115	\$225
Partner Non-Member	\$35	\$160	\$295

*\*Partner rates reflect the total cost of the package, each participant pays half the total package price.*



# American Red Cross

## CERTIFICATIONS

Campus Recreation offers American Red Cross Certification Courses in CPR/AED, First Aid, Lifeguarding and Instructor Certifications. Students, faculty, staff and the community are welcome to enroll in these classes. Certified American Red Cross instructors teach all classes. These programs are offered in blended learning formats (online learning with instructor-led skill session); registrants will receive the online learning link one week prior to the start of class. Assigned online lessons must be completed prior to the start of the class.

Please note that participation in a certification class does not guarantee certification. All skills related to the certification must be properly demonstrated as defined by the curriculum to receive certification.

## LIFEGUARD TRAINING

*Friday, April 17 | 5pm-9pm*

*Saturday, April 18 | 9am-5pm*

*Sunday, April 19 | 9am-5pm*

*Sunday, April 26 | 9am-12pm*

*\*Must attend all classes and complete online blended learning to receive certification.*

**Members: \$180**

**Non-Members: \$240**

*Monday, May 4 | 4-8pm*

*Tuesday, May 5 | 4-8pm*

*Wednesday, May 6 | 4-8pm*

*Thursday, May 7 | 4-8pm*

*Friday, May 8 | 4-8pm*

*\*Must attend all classes and complete online blended learning to receive certification.*

**Members: \$180**

**Non-Members: \$240**

*\*Lifeguard Training is also offered as a Fall and Spring PEL course. See your advisor for more details or visit [mubert.marshall.edu/scheduleofcourses.php](http://mubert.marshall.edu/scheduleofcourses.php)*

The American Red Cross Lifeguarding course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program is the blended learning format which consists of 7 hours eLearning and 19 hours 45 minutes in-person skill and knowledge training. Certification is valid for 2 years from date of class.

**Register at the ProShop or online today.**

Candidates must:

- Be at least 15 years old on or before the final scheduled session of the course.
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive, feet-first or head first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point.







## CPR FOR THE PROFESSIONAL RESCUER & HEALTH CARE WORKER

*Saturday, January 11 | 1pm–4pm*

*Saturday, January 25 | 1pm–4pm*

*Saturday, February 8 | 1pm–4pm*

*Saturday, March 14 | 1pm–4pm*

*Saturday, April 4 | 1pm–4pm*

*Saturday, May 9 | 1pm–4pm*

**Members: \$70**

**Non-Members: \$90**

The purpose of the American Red Cross CPR/AED for Professional Rescuers course is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This program is offered in a blended learning format that consists of 3 hours of eLearning followed by a 3 hour in-person skill training. Certification is valid for 2 years from date of class. This course will satisfy the CPR requirement for most medical professionals in training. **Register at the ProShop or online today.**

## ADULT & PEDIATRIC FIRST AID WITH CPR/AED

*\*Please call 304.696.3653 to schedule.*

**Members: \$70**

**Non-Members: \$90**

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program is offered in the blended learning formats that consists of 5 hours of eLearning followed by a 2 hour in-person skill training. Certification is valid for 2 years from date of class.



Marshall Orthopaedics  
Sports Medicine



### LEAGUES

<i>*QUARTER 3 REGISTRATION DEADLINE JANUARY 23RD*</i>		
5v5 Basketball	1/26-3/12	M, T, W 6-11pm
5v5 Futsal	1/26-3/12	SUN, R 6-11pm
4v4 Wallyball	1/26-3/12	T, W 6-11pm
Racquetball	1/26-3/12	*Self-Scheduled*
Table Tennis	1/26-3/12	*Self-Scheduled*
E-sports	1/26-3/12	*Self-Scheduled*

### TOURNAMENTS

<i>*QUARTER 3 REGISTRATION DEADLINE MONDAY PRIOR*</i>		
Dodgeball	1/23	R 6pm
Madden - Xbox	2/1	SAT 1pm
Wiffleball	2/22	SAT 1pm
Spikeball	3/14	SAT 1pm

### LEAGUES

<i>*QUARTER 4 REGISTRATION DEADLINE MARCH 5TH*</i>		
7v7 Flag Football	3/8-4/26	SUN, M, T 6-11pm
16" Softball	3/8-4/26	R 6-11pm
6v6 Volleyball	3/8-4/26	M, T, W 6-11pm
8v8 Outdoor Soccer	3/8-4/26	SUN 1-6PM; W 6-11pm
Badminton	3/8-4/26	*Self-Scheduled*
Tennis	3/8-4/26	*Self-Scheduled*

### TOURNAMENTS

<i>*QUARTER 4 REGISTRATION DEADLINE MONDAY PRIOR*</i>		
Pool Volleyball	4/4	SAT 1pm
3v3 Basketball	4/18	SAT 1pm
FIFA - Xbox	4/19	SUN 1pm
Outdoor Cricket	4/25	SAT 1pm



## E-sports NOW AT THE REC

Love video games and want to compete with fellow Marshall gamers? The Rec now offers E-sports competitions through intramurals. Sign up now through [imleagues.com/marshall](http://imleagues.com/marshall).



## BECOME AN INTRAMURAL OFFICIAL

Are you interested in becoming a sports official at the Rec? There are a wide range of intramurals offered each semester. No experience is necessary, there will be trainings to prepare you for each sport. Attend an upcoming recruitment session to apply.

## JOIN INTRAMURALS TODAY!

*Have fun with friends, meet new people and stay physically and mentally fit with Intramural Sports at the Marshall Recreation Center.*

1. Visit [www.imleagues.com/marshall](http://www.imleagues.com/marshall) or download the IMLeagues app for iPhone or Android.
2. Create an account by selecting Marshall University as the school and inputting your information.
3. Once logged in, go to the "Sports" tab and select your sport.
4. On the Sports page, select your division.
5. Select "Create Team" or "Join as a free agent" and follow the steps.

**If we don't offer a sport you are interested in, let us know and we'll find a way to get it started!**



Register on the IMLeagues app  
or online - [www.imleagues.com/marshall](http://www.imleagues.com/marshall)

COMPETITIVE SPORTS | 304.696.4652

# FITNESS SCHEDULE

## SPRING 2020 JANUARY 12TH - MAY 3RD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am 7:00am	F45	F45	F45	F45	F45		
7:00am 7:30am	Cycle-45 Studio B	BODYPUMP® Studio A	Cycle-45 Studio B	BODYPUMP® Studio A	CUT 45 Cardio Third Floor		
9:00am 9:45am	SilverSplash Pool	SilverClassic Studio A	SilverSplash Pool	SilverClassic Studio A			
9:15am 10:15am						F45	
10:15am 11:00am	SilverStability Studio A	SilverCircuit Studio A	SilverStability Studio A	SilverCircuit Studio A	Chair Yoga Studio A		
10:30am 11:30am						BODYPUMP® Studio A	
11:30am 12:30pm						BODYCOMBAT® Studio B	
12:15pm 1:00pm	F45	F45	F45	F45	F45		
	CUT 45 Area 304	CUT 45 Area 304	CUT 45 Area 304	CUT 45 Area 304	Yoga Flow Studio C		
			Aquatic Fitness Pool	Glide-Fit Pool			
4:30pm 5:15pm							F45
5:15pm 6:15pm							Cycle-60 Studio B
5:30pm 6:00pm			STRONG BY ZUMBA® Studio B				
5:30pm 6:15pm	F45	F45	F45	F45			
	BODYPUMP® Studio A	Locomotion Studio A	BODYPUMP® Studio A	Locomotion Studio A			
5:30pm 6:30pm		BODYCOMBAT® Studio B		BODYCOMBAT® Studio B			
6:30pm 7:00pm	CXWORX® Studio A		CXWORX® Studio A				
6:30pm 7:15pm	Cycle-45 Studio B	Yoga Flow Studio C	Cycle-45 Studio B	Yoga Flow Studio C			
		BODYPUMP® Studio A		BODYPUMP® Studio A			
6:30pm 7:30pm	BODYCOMBAT® Studio C		BODYCOMBAT® Studio C				
6:45pm 7:15pm		CXWORX® Studio B		CXWORX® Studio B			
7:15pm 8:00pm	F45	F45	F45	F45			
8:00pm 9:00pm	Dance Fitness Studio A		Dance Fitness Studio A				

### F45 PASS PRICES

	Student	Member	Non-Member
Single	\$5	\$6	\$16
10	\$25	\$30	\$110
20	\$35	\$45	\$200
Unlimited	\$55	\$65	\$353

Non-Member prices include daily guest fee.

All passes are valid 4 months from date of purchase.

**PREMIUM FITNESS**

**GROUP FITNESS**  
(Free with membership)

\*Schedule is subject to change\*  
Check the app or the website for the most up to date schedule.



# PREMIUM FITNESS (See F45 pass prices)

## F45

Get the boutique experience right here at The Rec! F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 36 different, 45 minute workout experiences, with more in development by our F45 Athletics Department. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. Additionally, with the use of F45 heart rate technology you will reach your workout goals faster and know where you perform!

## GROUP FITNESS (Free with membership)

### Chair Yoga

Chair Yoga is one of the gentlest forms of yoga in which you will practice movements with the use of a chair from the standing or seated position. Use of the chair offers support throughout each movement flow.

### CUT 45

This all-out circuit style workout focuses on specific muscle groups each class, and offers training at various intensities. Cut some time out of your mid-day routine and join us today!

### CUT 45 CARDIO

Fused with the circuit style workout offered in CUT 45, this 45 minute class offers a new spin on circuit training! Join this class for a unique blend of cycling and strength training.

### Cycle

This class consists of hills, flats, sprints and everything in between! A challenging class driven by incredible playlists and motivating instructors. Get ready to sweat, work hard and have fun!

### Dance Fitness

Dance Fitness will help build cardiovascular endurance while following the beat to motivating and energetic music. Join us and work up a sweat on the dance floor!

### Glide-Fit

Get a full body workout all on the water! This class is a low-impact, cross training workout performed on an inflatable SUP board in the pool.

### Les Mills BODYCOMBAT®

BODYCOMBAT® is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

### Les Mills BODYPUMP®

Using light to moderate weights with lots of repetition, BODYPUMP® gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### Les Mills CXWORX®

Exercising muscles around the core, CXWORX® provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports – it's the glue that holds everything together.

### Locomotion

Locomotion is a low impact class that will help improve your overall fitness level in areas such as endurance, strength, balance and flexibility. With the use of various equipment, such as stability balls and dumbbells, each class will offer new workouts to help you reach your goals!

### SilverSneakers

- SilverSneakers **Stability** If you want to improve your balance and strength, this is the class for you! Movements focus on strengthening the ankle, knee and hip joints, while improving reaction time.
- SilverSneakers **Classic** focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- SilverSneakers **Splash** provides a fun environment using a splash-board to increase movement and intensity options during shallow-water exercises. This class is suitable for all skill levels, and even safe for those who don't swim.
- SilverSneakers **Circuit** offers standing low-impact moves that alternate with standing upper-body strength. The class can be adapted for all fitness levels.

### STRONG by ZUMBA®

Strong by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

### Yoga Flow

Yoga Flow focuses on linking conscious breath with a vigorous and mindful Flow. You will build strength, flexibility and concentration while cleansing the body and calming the mind.

***\*Intensity levels for all classes can be adjusted to meet your current fitness level.***

# ALL OUT FITNESS CHALLENGE

Wednesday, January 15

Wednesday, February 5

Wednesday, March 4

Wednesday, April 1

5pm-7pm

Second Floor Fitness

**FREE Event**

Drop by the Rec to compete alongside fellow gym-goers to see who's the fittest on campus! Challenge categories include but are not limited to body weight exercises, power lifts, endurance exercises, and the Ninja Rig. The winners within each challenge category will receive a prize plus the chance to be displayed on the "All-Out Fitness" leader board at the Rec and on Social Media!

**Challenge categories will be based off of gender and ages, and you must compete in at least 3 events to redeem a participation prize.**

**Registration not required.**

## PUSH-PULL COMPETITION

February 8

Registration from 1/1/2020 to 2/7/2020

9-12pm

**Members: \$10**

**Non-Members: \$20**

April 4

Registration from 3/1/2020 to 4/3/2020

9-12pm

**Members: \$10**

**Non-Members: \$20**

**Itinerary on both dates:**

9-10am | Weigh-In

10-12pm | Performance (Squat, Bench Press, Dead lift)

This event will consist of three major push-pull lifts; Squat, Bench Press, and Dead lift. Participants are given three attempts per lift to achieve maximum weight for a single repetition. The use of personal equipment (belts, gloves, braces, etc.) are permitted. Participants will be categorized based-off of gender and weight class.

*\*Participation in Power lifting 101 is encouraged, but not required. **Register at the ProShop or online today.***



## POWER LIFTING 101

Sunday, January 26

Sunday, February 2

Sunday, March 8

Sunday, March 15

1pm-3pm

Area 304

**Members: \$10/per class**

**Non-Members: \$20/per class**

**Purchase All 4 Classes:**

**Members: \$30**

**Non-Members: \$40**

Power lifting is a sport consisting of various types of lifts including Bench Press, Squat, and Dead lift where participants are given three attempts per lift to achieve maximum weight for a single repetition. Whether you're a beginner or advanced competitor, join us for this workshop to take your lifts to the next level! **Register at the ProShop or online today.**





## IRON MONTH

Month of February

Registration from 1/1/2020 to 1/31/2020

### FREE Event

FREE Challenge program throughout February "Iron Month" where participants attempt to reach the total distance required to complete an Ironman Triathlon.

#### Goal distance by race component:

Swim - 2.4 miles

Bike - 112 miles

Run - 26.22

#### How do I participate?

1. Register online via the app or at the ProShop.  
You must provide a valid email address to participate.
2. Track your progress throughout the month on the Iron Month Tracking card located on the 2nd floor.
3. Fitness staff will update the Leader board every week to show where you stand!
4. The Coordinator of Fitness will send you a "Welcome" email with guidelines for the program once you register.



## INDOOR TRIATHLON

February 29

8am Race Start

**\$20 per person in advance**

**\$40 day of race**

**\$50 for 2 or 3 person teams**

Register online at [www.TriStateRacer.com](http://www.TriStateRacer.com) or pick up an entry form at the Rec.

**Adults:** Age Groups between 16-60+

Swim - 300 yards

Bike - 8 miles

Run - 2 miles

**Kids:** Age Groups 10 & Under, 11-15

Swim - 150 yards

Bike - 4 Miles

Run - 1 Miles

## IRON MONTH - INDOOR TRIATHLON GROUP TRAINING

Saturdays | February 1-22

Registration from 1/1/2020 to 1/31/2020

11:30am-1pm

**Students: \$65**

**Members: \$75**

**Non-Members: \$95**

Join an ACE certified Personal Trainer and Triathlete every Saturday during February "Iron Month" from 11:30 AM - 1:00 PM at The Rec to prepare for the Indoor Triathlon on February 29th. **Register at the ProShop or online today.**

# MARSHALL REC

## INDOOR TRIATHLON

Saturday, February 29, 2020

# WELLFEST

HEALTH & WELL-BEING FAIR  
APRIL 8, 2020 | 4-7PM

FREE REC ACCESS ALL DAY FOR MEMBERS & NON-MEMBERS



*We will be offering:*

- **Fitness Demos**
- **Kid Activities**
- **Massages**
- **Giveaways and MORE!**



**American  
Red Cross  
BLOOD DRIVE**

1:00–6:00pm  
Court 1

# OVER 30 VENDORS!



# PERSONAL TRAINING

Do you want a challenging, time-efficient workout based on your individual fitness goals? Then look no further. The Marshall Rec Center has a variety of personal trainers who will work with you to achieve your goals and help you find your fit. Each trainer has their own style of training and will work with you to find the trainer that is the best fit for your needs.

## INDIVIDUAL PERSONAL TRAINING

Number of Sessions	Student	Member	Non-Member
1	\$20	\$35	\$50
5	\$95	\$160	\$225
10	\$180	\$300	\$420
20	\$340	\$570	\$800
50	\$840	\$1,440	\$2,015

## PARTNER PERSONAL TRAINING

Number of Sessions	Member	Non-Member
1	\$45	\$65
5	\$220	\$310
10	\$425	\$595
20	\$810	\$1,135
50	\$2,040	\$2,855

*\*Partner rates reflect the total cost of the package, each participant pays half the total package price.*

# SMALL GROUP TRAINING

*\*Please call 304.696.4653 to schedule.*

Small group training is for groups of three or more who are looking for a customized training program.

# FITNESS ASSESSMENT

**Members: \$35**

**Non-Members: \$50**

Test your overall fitness and receive an individualized exercise prescription. Your session will include: Body Fat Percentage, Cardiovascular Testing, Circumference Measurements, Flexibility, Muscular Strength and Endurance Tests. **Complete the online request form prior to purchasing your session at the ProShop.**

# ONLINE RACE EVENT TRAINING (YEAR-ROUND)

**Members: \$40/Monthly**

**Non-Members: \$60/Monthly**

*\*Additional fees required for fitness testing.*

Whether you are a beginner or an advanced participant, this program is for you! Join our online Race Event Training program to work towards any upcoming event that you are training for. Race events may range from a 5K to a Triathlon. Programming is created by a World Competing Tri-athlete and ACE certified personal trainer. **Register at the ProShop or online today.**

What you will receive from your Trainer:

- 1. Pre-race consultation (goal setting for program creation)
- 2. Weekly check-in and programming specific toward your event
- 3. Post-race consultation

# ADVANCED FITNESS TESTING

**Marshall Exercise Physiology Lab in the Henderson Center**

With this service you will gain additional, in-depth analysis of your current fitness level. Fitness testing includes VO2 Max, Resting Metabolic Rate (RMR), and a BodPod analysis. **Complete the online request form prior to purchasing your session at the ProShop.**

**Pricing for Members & Non-Members**  
(per test)

**Bod Pod: \$25**

**RMR: \$50**

**VO2 Max: \$95**

# DIETICIAN CONSULTATION

**Members: \$40**

**Non-Members: \$60**

Our registered Dietitians can help you reach your health goals. For those looking for general wellness, to lose weight, become stronger, learn to meal prep or just find better options for feeding your busy family, our nutritionists can help provide you with the tools you need to make educated choices. **Complete the online request form prior to purchasing your session at the ProShop.**

# KIDS NIGHT OUT

## Drop the kids off for a night out!

They won't even miss you with a full line-up of activities at the Rec. Swimming, climbing, and playing team sports will keep them busy while you enjoy some free time. Dinner is provided.

## FRIDAYS 5PM-9PM

### Spring 2020 Dates

January 24 - All Sports  
February 14 - Pajama Party  
March 13 - Escape Room  
April 17 - Spring Splash

**Members : FREE**

**Non-Members: \$15.00**

Advanced registration is encouraged, limited to 60.  
Register online or at the Proshop.





# SPRING BREAK KIDS CAMP

March 23-27

9am-4pm; before and after care available.

*\*Early Bird Price through 2/14/2020*

**Members: \$105**

**Non-Members: \$130**

*\*\*Regular Price*

**Members: \$130**

**Non-Members: \$155**

Healthy Herd Youth Camp is an active day camp, full of games, activities, climbing and swimming. Specific activities and themes vary on a day-to-day basis to create a fun camp for everyone! Our camp counselors have the energy to match the campers, and act as mentors and coaches to provide a safe environment for campers to grow. *Campers must bring a lunch. Snack is provided. Register at the ProShop or online today.*



## YOUTH FITNESS ORIENTATION

30 Minute Session

**Members: FREE**

To help young members ages 6-15, learn the basics of proper, effective and safe use of cardio and strength equipment, our Personal Trainers offer private equipment orientations. This complimentary service is available to all current and new youth members. They will learn training techniques to maximize the benefits of their exercise program and review appropriate etiquette and behavior guidelines. **Reservations must be made 72 hours in advance. Register at the ProShop.**

## YOUTH CLIMBING

Saturdays | January 25 - February 15

11am-12pm

**Members: \$40**

**Non-Members: \$60**

Saturdays | February 22- March 14

11am-12pm

**Members: \$40**

**Non-Members: \$60**

The clinic is designed for children between the ages of 7-13, who want to try rock climbing, as well as those who want to improve their skills and grow as a climber! The clinic covers a range of skills like belaying and proper equipment use. All equipment is provided.

**Register at the ProShop or online today.**





## TEAM TRAINING ★ LIFE CHANGING



### MARSHALL RECREATION CENTER

402 Thundering Herd Drive  
Huntington, WV 25755  
304.696.4REC (4732)  
[www.marshall.edu/campusrec](http://www.marshall.edu/campusrec)



Are you ready for life changing team training? F45's unique premium fitness experience combines elements of high intensity interval training (HIIT), circuit training and functional training into one 45-minute workout. Classes are held daily at the Rec.

@murecreation



@murecreation



@murecreation



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Rec Account



@f45\_training\_marshall